

Island Senior Resources – June eNews

Providing you updates on events & happenings at Island Senior Resources

(Click on any underlined item to learn more)

Check out June sales at Senior Thrift! Items are on sale every day.

Please save the date. Wednesday, August 1st is Island Senior Resources' one-day challenge to our community to raise \$10,000 to support our essential resources for seniors and adults with disabilities, their families, and caregivers. Please donate and help us meet our goal! What a difference you will make for so many. Please, help us spread the word of our challenge – post it on Facebook, tweet it, or simply tell a friend when you meet them for coffee. On August 1, please make your donation:

- securely online via our website, or
- bring your donation to our office at Island Senior Resources (Bayview), or to Island Senior Resources staff at Oak Harbor Senior Center or Camano Center, or
- mail a check to Island Senior Resources, P.O. Box 939 Freeland, WA 98249 (put *Change Lives Day* in the memo).

Are you concerned you might forget to donate on Change Lives Day? Donate now, and please consider becoming a monthly donor.

ANNOUNCING NEW LOCATION FOR TIME TOGETHER PROGRAM!

In July, our Time Together South program will have a beautiful new location at St. Augustine's church in Freeland. In this larger, newly renovated, facility we will be able to serve a greater number of seniors and adults with disabilities. Thank you St. Augustine's! Contact Mel Watson, Director of Adult Day Services, 360-321-1623 for more information.

Join us for Lunch & Learn Presentations. Come early to have lunch (\$5 suggested donation) or just come for the presentation. View the Lunch & Learn topics at:

- Island Senior Resources (Bayview)
- Coupeville HUB for Seniors (Coupeville)

Join others on a trip. View trip information and cost:

- Friday, June 29. Diablo Lake Afternoon Boat Cruise. Register by June 22
- The online trip calendar includes day trips to casinos and other locations

Volunteer! Stay active and engaged. Join us! Volunteers are needed to assist with our Time Together Adult Day Program, Medical Transportation (mileage is reimbursed), and outreach and fundraising. For information call (360) 321-1600 or (360) 678-3373.



Enjoy Island Times. Look for the June issue where Christina Baldwin writes Part 1 of *Creating a Personal Village*.

Great Articles. Recent articles we found that may be of interest to you:

1. [10 Ways to Deepen Your Connections with Others](#)
2. [Why a Village?](#)
3. [How Social Connections Keep Seniors Healthy](#)
4. [For Caregivers: The Importance of Relationship Building for Senior Health](#)

[View a list of additional articles](#)

We welcome your feedback. We'd like to hear from you. Click [here](#) to provide feedback. Your responses will remain private.

Learn about the new Tailored Support for Older Adults (TSOA) program. TSOA is a program that helps to provide in-home care and support to individuals who are not currently eligible for Medicaid Long Term Care programs. [Learn more.](#)

Monthly Food Menu: View the Nutrition program's [monthly food menu.](#)

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